

Mix It Up Sushi

Makes: 8 Servings

“Sushi is my favorite food. I like making sushi with my mom. She cuts up all the food and then I can pick what goes inside,” says Indiana. “We roll it up together and I eat it. When it was time to pick which sushi I thought was best, I couldn't choose! So we used the food in all of them for the recipe. We used brown rice because it is healthy and it tastes great. I think it would be healthy for kids to eat sushi.”

Ingredients

- 2 cups** brown rice
- 1 teaspoon** kosher salt
- 1/4 cup** seasoned rice wine vinegar
- 8** roasted seaweed papers
- 1** cucumber, peeled, seeded, and cut into long matchsticks
- 1** avocado, peeled, seeded, and cut into thin slices
- 1** large broccoli stem, outer layer peeled and stem cut into small matchsticks
- 1/4** small pineapple, peeled, cored, and cut into matchsticks
- 1/2** small mango, peeled and cut into matchsticks
- 4 ounces** softened low-fat cream cheese, cut into large matchsticks
- 8 ounces** cooked shrimp, crab, or even imitation crab
- 1** small bundle watercress, washed

Equipment:

Bamboo sushi mat, covered in plastic

Directions

1. **In a large stockpot**, bring 3 quarts of water to a boil. Add the rice and salt and boil, uncovered, for 35 minutes. Remove from the heat and drain the rice in a strainer set in



Nutrition Information

Nutrients	Amount
Calories	311
Total Fat	10 g
Saturated Fat	2 g
Cholesterol	14 mg
Sodium	469 mg
Total Carbohydrate	49 g
Dietary Fiber	5 g
Total Sugars	8 g
Added Sugars included	2 g
Protein	11 g

the sink. Return the rice to the pot, place a kitchen towel over the pot opening, and cover with a lid. Let sit for 10 minutes to allow the remaining water and heat to steam the rice and cook it the rest of the way through.

2. **Turn the warm rice out into a non-metal bowl.** Drizzle the rice wine vinegar over the rice while gently stirring and folding the rice with a wide spoon. Continue stirring until the rice is no longer warm, about 10 minutes.
 3. **On your plastic-covered bamboo sushi mat,** place one seaweed wrapper with the shiny surface facing down. Wet your hands and gently spread a thin, even layer of rice over the seaweed wrapper. Re-wet your hands as needed. Spread the rice to the edges of the mat.
 4. **On the nearest L of the wrapper,** place a few matchsticks or slices of veggies and fruit horizontally across the rice. Make sure the ingredients reach both edges of the seaweed paper. Add a little cream cheese and shrimp or crab. Top with a few leaves of watercress.
 5. **Lift the bamboo mat with your thumbs,** while gently keeping the filling in place with your fingers. Fold the wrapper over the filling and continue rolling in a jelly roll style. When the edge of bamboo mat has almost been rolled under the sushi, pull out that edge and continue rolling.
 6. **Unroll the bamboo mat** and allow the sushi roll to sit for a few minutes before cutting. Repeat with the remaining ingredients to make more sushi rolls. Cut each roll into 8 equal pieces with a wet knife.
- The 2015 Healthy Lunchtime Challenge Cookbook